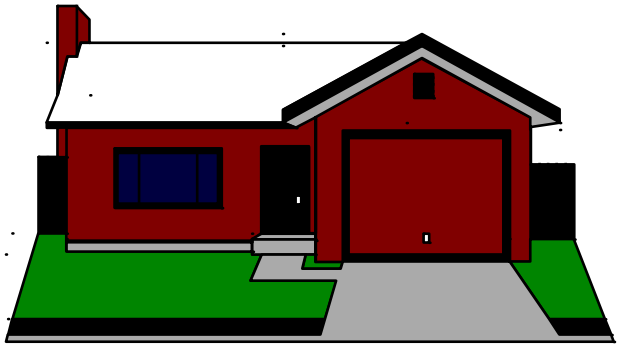
OFF DUTY SAFETY

Off Duty Safety

- **The responsibility to guard against both physical and health hazards extends beyond the workplace.**

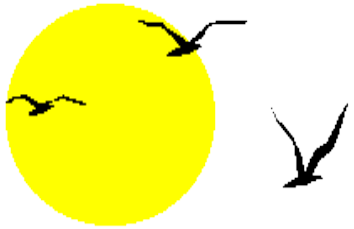


- **More accidents occur in and around the home and during off-duty sports activities, than in any other place.**

Agenda

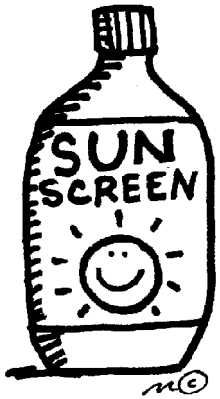
- **Tips For Staying Safe**
- **Fun In The Sun**
- **Sports and Recreation**
- **Bicycle Safety**
- **Swimming**
- **Boating**
- **Around the Home**

Tips For Staying Safe



ncrease your intake of non-alcoholic,
non-carbonated, caffeine free beverages
Wear clothing that is light in color and lo
Avoid the outdoors during extreme heat
Stay in air-conditioned areas when possib
Eliminate strenuous activity
Eat lighter foods

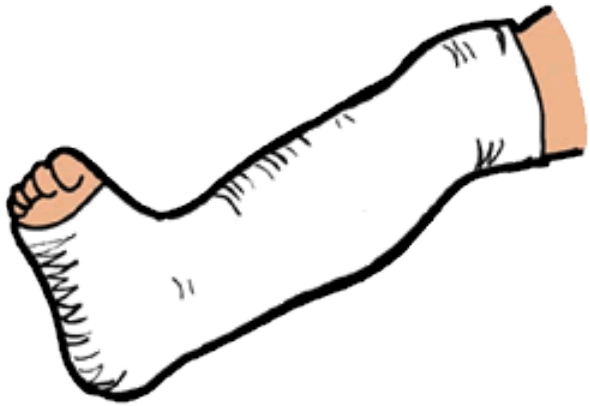
Fun In The Sun



- ✓ **Apply sunscreen at least 30 mins before going outside**
- ✓ **Sunscreen protection factor should be at least 15 (SPF)**
- ✓ **Keep children out of sun**

Injuries

- **Sports that produce the most injuries:**
  - **Basketball**
  - **Softball**
  - **Football**



- **Most Common Injuries**
  - **Fractures, sprains, & strains**
  - **Knee, lower leg, & ankle**

Sports Accident Factors

- **Poor conditioning**
- **Inadequate ability and skill**
- **Lack of protective equipment**
- **Violation of rules**

Precautions & Treatment

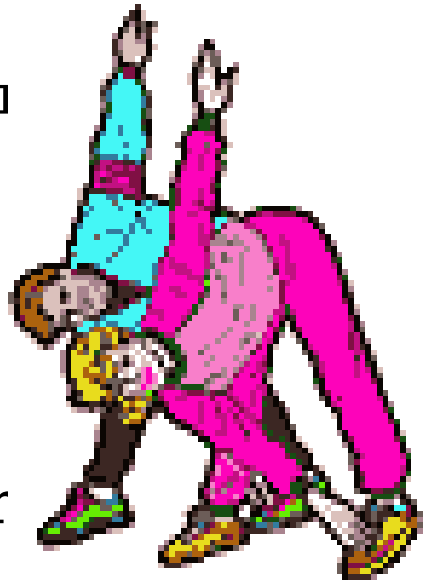
General Precautions

- **Warm-ups**
- **Stretching**
- **No alcohol prior to or during eve**

Treatment of minor injury - RICE

- **<u>Rest</u> the sprain**
- **Put <u>Ice</u> on it**
- **Wrap injury, <u>Compress</u> it**
- **<u>Elevate</u> the injured body part**

Proper medical treatment for injur



Basketball

- **Warm-up / Stretching**
- **Wear proper court shoes**
- **Avoid pushing / tripping**
- **Rebounding - Look for safe landing**

Accident facts

While playing basketball, a soldier fell and landed on his left elbow. The soldier suffered a fractured radial bone and a dislocated elbow.

Football

- Warm-up / Stretching
- Rules violations
- Blocking
- Collisions

Accident facts

A soldier suffered a permanent total disability from a broken neck when he collided with another soldier while playing football.

Softball

- Warm-up / Stretching
- Sliding
- Collisions
- Breakaway bases
- Field conditions

Accident facts

A soldier was pitching during a softball game. The batter hit the ball and struck the pitcher with the ball, breaking his nose and the bone around his left eye.

Soccer

- **Warm-up / Stretching**
- **Inadequate condition**
- **Collisions**
- **Rules of contact**
- **Field conditions**

Accident facts

A soldier was playing soccer with his children. He went to stop the ball. His foot rolled over the ball and he fractured his ankle.

Volleyball

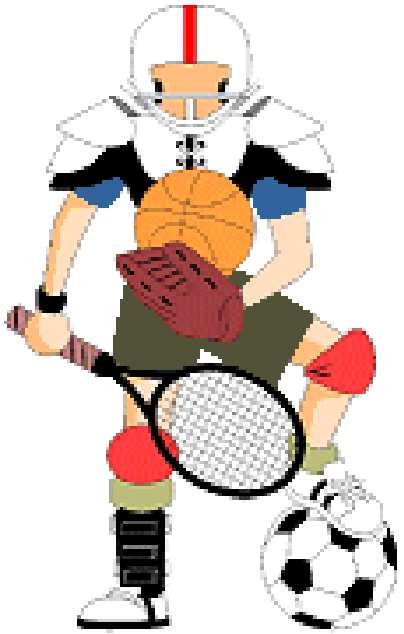
- **Warm-up / Stretching**
- **Too many on the cou**
- **Crowding the net**
- **Crossing the center line**
- **Elbow injuries from falling & collisions**

Accident facts

A soldier was playing volleyball. Diving for the ball, the soldier landed on his wrist, breaking it.

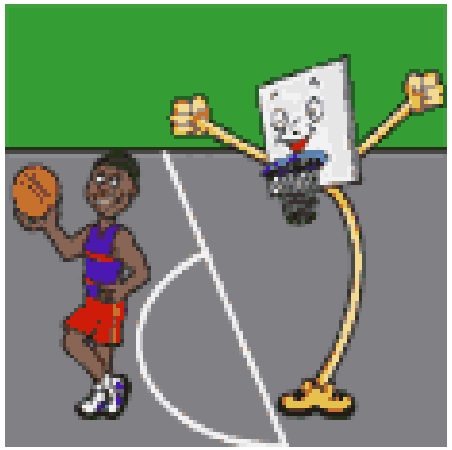
Sport Safety Equipment

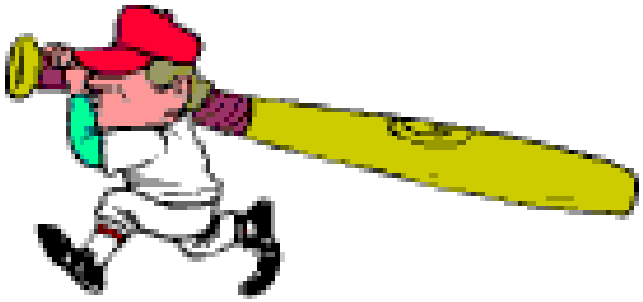
- Correct shoes
  - Running / Walking
  - Football / softball
  - Court shoes
- Knee / elbow pads
- Mouth guard
- Sliding pads
- Break away bases
- Wrap around eye protectors
- Headgear



Summary

- **Identify sports injuries accident prevention measures**





Bicycle Safety

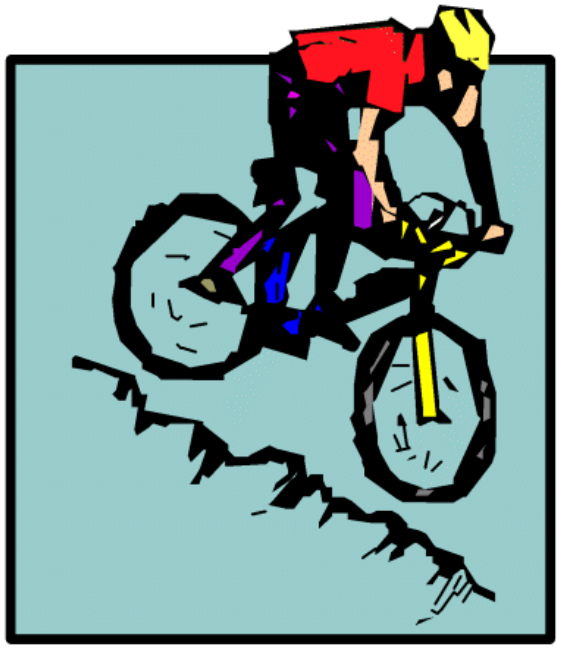
- **Bicycle Crashes Result in 800-900 Deaths per Year Nationally**

- **90% of Bicycle Related Deaths Involve Collisions with Motor Vehicles**

Bicycle Safety

Before you ride…

- **Inspect Your Bicycle**
- **Inflate Tires Properly**
- **Check Your Brakes**



Bicycle Safety

When you ride…

- **See and Be Seen - Wear light colored, reflective clothing**
- **Wear a Helmet**
- **Use a Backpack**
- **Avoid Riding at Night**

Bicycle Safety

When you ride…

- **Ride Single File with Traffi**
- **Obey Traffic Signs, Signals,**
  and Lanes
- **Use Proper Hand Signals**
- **Stay Alert for Road Hazard**

Bicycle Safety

When you ride…

- **Watch for Motorists**
- **Stay Out of Drivers Blind Spots**
- **Ride Far Enough From the Curb to Avoid the Unexpected from Parked Cars**

Summary

- **Identify bicycle accident prevention measures**

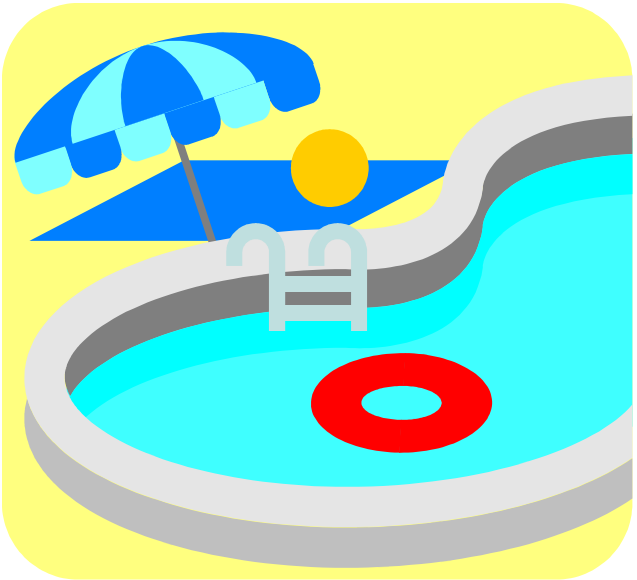
Swimming and Water Recreation

SWIMMING IN OPEN WATERS

- Never swim alone
- Not sure of area don't swim there
- Swim only in guarded areas
- Swim parallel to shore
- Never swim where "No Swimming" signs are poste

Swimming and Water Recreation

POOL SAFETY



- Don’t run around the pool edge
- Observe warning signs “NO Lifeguard On Duty”
- Never allow young children to swim without supervision

Swimming and Water Recreation

ALCOHOL AND WATER SPORTS DON'T MIX!

Swimming and Water Recreation

Accident factors

- Overestimate swimming skill
  - Alcohol
  - Cramps
  - Fatigue
  - Hypothermia
- Underestimate environmental factors
  - Immersion
  - Cold water
  - Waves
  - Current / undertow

Swimming and Water Recreation

Accident facts

Soldier suffered a permanent total disability (broken neck) when he dove from a ledge into a river and struck a submerged pipe.

Soldier suffered a permanent total disability when he dove into a swimming pool at the middle depth while intoxicated.
He struck his head on the bottom of the pool, breaking his neck.

Swimming and Water Recreation

Accident facts

Soldier drowned while swimming in a lake with 3 other Soldiers. The lake was not an approved swimming area.

Additional factors –

Alcohol and cold water temperature

Swimming and Water Recreation

Risk Controls

- **Identify hazards at the recreation site**
- **Improve personal swimming skill**
- **Swim with others, never swim alone**
- **Swim in authorized areas only**
- **Follow posted rules**
- **Know your limitations /ability**
- **Avoid individual and environmental hazards**

Swimming and Water Recreation

Risk Controls

- **Check depth before diving**
- **Keep distance from diving board**
- **Don’t substitute floats for personal floatation device**
- **Don’t drink and swim**
- **Learn rescue techniques**
- **Avoid overexposure to the sun**

Summary

- **Identify off-duty swimming accident prevention measures**

Boating

Accident Factors

- **Lack of operator training**
  - **Collisions**
  - **Falling overboard**
- **Not wearing floatation device**
- **Intoxicated operator a cause factor for 50% of accidents**

Boating

Safety Precautions

- **Safe boating course - required by many states**
- **Avoid alcohol while operating a boat**
- **Prepare a float plan**
- **Be prepared to survive cold water**
- **Don’t overload the boat - check load capacity**

Boating

Accident facts

Soldier and friends rented a boat for a river ride. When the operator put the boat in neutral to turn back, Soldier fell off the front of the boat.
Soldier was struck and fatally injured by the boat.

Boating

Accident facts

Three friends went fishing in a boat rated for “3 persons”.

With fishing equipment, coolers, and trolling motor, they overloaded the boat.

The boat only had two life preservers.

One of the fishermen stood up. Front of the boat went under.

Two Soldiers made it to shore. Found the third body about 20 ft from shore.

Boating - Safety Precautions

When boarding - stay low

- **Never stand in a small**
- **Watch your wake spee**
- **Wear Personal Floatati Device (PFD)**
- **Know what to do if someone falls overboard**
- **If boat capsizes, stay with it**

Boating

- **Safety Equipment**
  - **Floatation devices**
  - **Fire extinguisher**
  - **Whistle, bell or horn**
  - **Signal devices**
  - **Lights (for night operation)**
  - **Carburetor flame arrestor (inboard motors)**
  - **Paddle**
  - **Flashlight**

Boating

Safety Equipment

- Anchor (required by some state laws)
- Tool kit
- Bail bucket
- Approved safety fuel can
- Weather band radio
- Compass
- First aid kit

Boating

JET SKIS

- ollow boating rules with jet S
- Vear flotation device and
- ttach the safety lanyard
- tay at least 100ft from oats, divers, rafts and wimming areas
- Don’t operate under he influence of alcohol or drugs

Summary

- **Identify boating accident prevention measures**

Home Safety

National statistics for accidental death and injury

- **#1 - Falls**
- **#2 - Poisoning**
- **#3 - Fires**

Home Safety

Falls - National Statistics

- **Young children and el**
- **Tub**
- **Stairs**
- **Wet floors**

- **Army**
  - **Fall from balcony or window**
  - **Alcohol**

Home Safety

Accident facts

Soldier died from injuries received when he reached for a tree from a balcony and fell approximately 15 feet.

Soldier was killed when he fell from a third floor balcony and broke his neck.
Alcohol was involved.

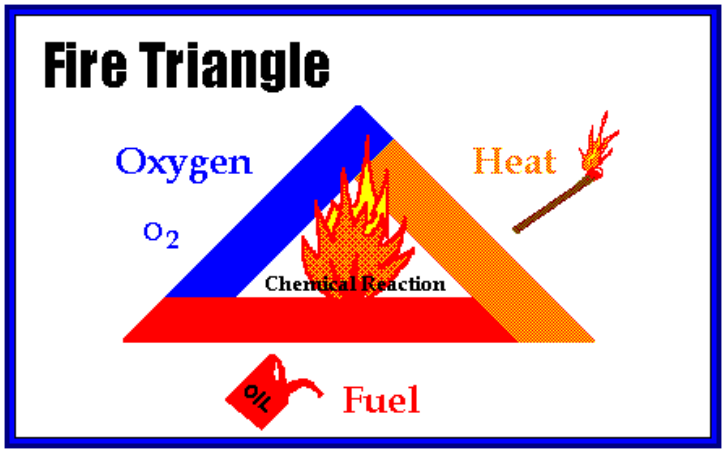
Home Safety

Unintentional Poisoning - National Stats

- **25-44 age group**
- **Drugs and medicines**
- **Males 76%**

- **Prevention**
  - **Use drugs / medicines as directed**
  - **Control medicine around the home**
  - **Control cleaning produc**

Home Safety



Fire

- **Common causes of home fires**

40% Alcohol impairment a factor in deaths

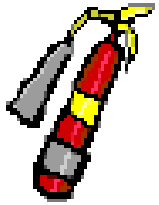
39% Cooking and heating equipment

23% Smoking

10% Children playing w/ignition

Home Safety

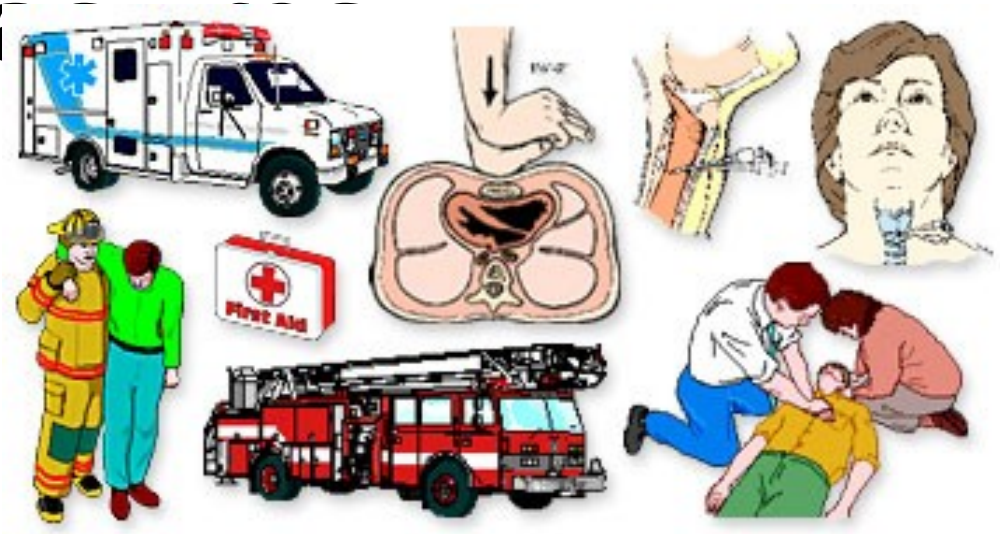
Fire Prevention



- **Smoke detectors**
- **Fire escape plans**
- **Fire extinguishers near heat sources**
- **Post emergency phone numbers**
- **Means of escape from 2d floor**
- **Control matches, lighter, cigarettes**
- **Dispose of smoking materials properly**
- **Fireplace**

Summary

- **Identify home accident prevention me**



Summary

- **Tips For Staying Safe**
- **Fun In The Sun**
- **Sports and Recreation**
- **Bicycle Safety**
- **Swimming**
- **Boating**
- **Around the Home**

ARE THERE ANY QUESTIONS?